

AT THIS TIME OF YEAR ALL ATHLETES MUST WEAR SOMETHING REFLECTIVE FOR EVERY TUESDAY NIGHT SESSION

#BESAFEBESEEN

ARC TRAINING PLAN –FEBRUARY 2020

<p>Tues 4TH Paul leading</p>	<p>PLEASURE AT PLANET LEISURE -1200M REPS</p> <p>Session will start from Oakleaf Complex with a jog to start of session. Each rep starts near Planet Leisure on Maple Way. Run out of Maple Way turning left on to Durham Way South, left again on to Welbury Way, left again on to Carlbury Road, left again on to Rembrandt Way and left back into Maple Way.</p> <p>Recovery will be to bottom of Maple Way and back to start.</p>	<p>A Group –5 reps</p>	<p>B group – 4 reps</p>	<p>C group – 3 reps</p>
<p>Thurs 6th Donna leading</p>	<p>300ms with 100m recovery</p> <p>Simple 300m reps with short 100m recovery. Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p> <p>Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	<p>A Group – 14 reps</p>	<p>B Group – 12 reps</p>	<p>C group – 10 reps</p>
<p>Tues 11th Richard leading</p>	<p>SCHOOL AYCLIFFE LONG HILL - CONTINUOUS</p> <p>All groups jog along to School Aycliffe for the loops. Starting at the bottom of High Barn Road , run anti-clockwise up the long hill turning left back on to School Aycliffe Lane finishing at the traffic lights. Approx 800m per loop.</p> <p>However on this occasion the loops will be continuous and therefore the effort will be on the up with recovery on the downhill without any rest periods.</p>	<p>15 mins continuous then 5 min break before another 15 mins continuous in opposite direction</p>	<p>15 mins continuous then 5 min break before another 15 mins continuous in opposite direction</p>	<p>15 mins continuous then 5 min break before another 15 mins continuous in opposite direction</p>

<p>Thurs 13th</p> <p>Richard leading</p>	<p>400m REPS</p> <p>This session is as it states, simple 400m (1 x lap reps) with 200m recovery. However, we are not asking you to undertake a specific number of reps, but asking you to see how many you can do in 35 minutes.</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p> <p>Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	<p>A group</p>	<p>B group</p>	<p>C group</p>
<p>Tues 18th</p> <p>Richard leading A&B groups</p> <p>Anne and Alan leading C group</p>	<p>INDUSTRIAL ESTATE LOOP = 2 MINS ON 2 MINS OFF</p> <p>We will meet at the Oakleaf to start the session at 7 p.m. with a jog to St Clare's church where the session will begin. A & B groups will run to A167 along to Aycliffe Village turning in at 3m and back to Oakleaf through Industrial Estate. C group will run the same only turning back on to St Cuthbert's Way, past the Blue Bridge and back along Pease Way to the Oakleaf.</p> <p>There will be 2 min period of effort, followed by 2 min recovery all the way round. Front runners to come back for slower runners on recovery so all regroup and start again together.</p> <p>Both groups will have a nominated coach/run leader</p>			

<p>Thurs 20th</p> <p>Anne and Alan leading</p>	<p>PYRAMID SESSION</p> <p>Pyramid session of increasing and decreasing distances with recovery remaining consistent.</p> <p>200m, 400m, 600m, 800m, 600m, 400m, 200m AND 200m, 400m 600m, 400m, 200m</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	<p>As session states with 200m recovery between each rep and 400m recovery between pyramids</p>	<p>As session states with 200m recovery between each rep and 400m recovery between pyramids</p>	<p>As session states with 200m recovery between each rep and 400m recovery between pyramids</p>
<p>Tues 25th</p> <p>Donna leading</p>	<p>WOODHAM LOOPS</p> <p>The session will begin NOT at the Oakleaf but at the Navy Club. Then all jog to the garage at the top of Woodham Way. Then 1 or 2 loops round Woodham Way and Burnhill Way. If doing two loops, one will be clockwise and one anti clockwise. The full loop will be explained before the start of the session.</p> <p>Each loop is approx. 1.7 miles</p>	<p>A group – 2 loops with 2 mins recovery</p>	<p>B group – 2 loops with 2 mins recovery</p>	<p>C group – 1 or 2 loops with 2 mins recovery</p>
<p>Thurs 27th</p> <p>Paul leading</p>	<p>5s, 4s, and 3s</p> <p>500s with 300m jog recovery 400s with 200m jog recovery 300s with 100m jog recovery</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes. Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	<p>A group</p> <p>4 x 500s 4 x 400s 4 x 300s</p>	<p>B group</p> <p>4 x 500s 4 x 400s 4 x 300s</p>	<p>C group</p> <p>3 x 500s 3 x 400s 3 x 300s</p>